

Positive thinking can change your memories.



Get your rose-colored glasses ready! We know that optimism has been linked to better mental and physical health, and even to a longer life. How, then, to quiet optimism's opposite: the naysayers in your mind that tend to dwell on the negative aspects of a given situation, day, or life in general? Mindfulness meditation, in which you practice simply noticing thoughts and feelings without judging them, can help to reduce negative thinking and worry. You can also try giving events a positive spin before they even happen. According to new research, simply imagining that an upcoming event will go well can lead you to remember it in a positive light, after the fact. Trying to tweak your perception may smack of denial, but it doesn't have to. Focusing on the positive can help you stay

enthusiastic and engaged and find solutions to problems, and may boost long-term happiness and health. Suppose you have an upcoming work presentation that you're nervous about. Visualize it going well, and imagine how good you'll feel afterward. Do the same with an upcoming trip, a challenging workout, a holiday with extended family, or just an ordinary weekend. See whether thinking positively seems to affect your experience, your memories of the experience, or your attitude in general.

Then keep the optimism ball rolling, toward greater happiness and good health.